This is a Brief Online Learning Tutorial (or BOLT) brought to you by the LISTEN project, a HRSA funded project focusing on improving the information literacy competencies of nursing students and professional nurses.
In the clinical setting it is necessary to keep up to date on new information in your practice area. This new information is incorporated into your knowledge base. There are a number of ways to keep up to date and practice being a lifelong learner. This tutorial offers tips and strategies on how to incorporate new information into your knowledge base and how to be a lifelong learner.
Evidence-based nursing practice needs knowledge, skills, and constant learning to keep up to date with new information and to provide excellent patient care. A good knowledge base is the foundation for evidence-based nursing practice.
There are several ways you can enrich your knowledge about evidence-based nursing practice. For example, participate in a professional association, constantly browse the latest issues of nursing journals, actively participate in journal clubs, and attend professional conferences.
To be a lifelong learner and to help improve your skills in using evidence-based resources in patient care, it is your responsibility to constantly ask questions and seek answers to those questions through literature reviews. In doing so, you incorporate new information into your knowledge base. Your knowledge base helps improve the provision of patient care.
As stated in literature that new information related to nursing profession doubles every 5 years, it is critical to learn and improve your searching skills and techniques. A good way to improve your searching skills is to document your search strategies and findings and organize the information in a personal folder where you can find them when you need it.
Learning from your peers and coworkers can be beneficial in many ways. Their experiences, knowledge, skills, and ideas are valuable in establishing your knowledge base.

- Experiences
- Knowledge
- Skills
- Ideas
Continue to visit the LISTEN website, at listenuphealth.org, for more helpful tips on using technology and seeking, evaluating, and applying information in nursing to support evidence-based nursing practice.
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